



Year 1 PE: Summer 1 Send and Retrieve net/wall games

Key Vocabulary

Hit	To strike or make contact with something e.g. a bat
Collect	To retrieve a ball, baton etc
Throw	Propel with force through the air by a movement of the arm or hand
Strike	To hit forcibly and deliberately
Catch	To intercept and hold something which has been thrown
Bowl	The act of rolling or throwing something
Net	A device made from material to catch things in
Backhand	A stroke played with the back of the hand
Forehand	A stroke played with the palm of the hand
Court	An area marked out for ball games

Unit focus:

- Able to send an object with increased confidence using hand or bat.
- Move towards a moving ball to return.
- Sending and returning a variety of balls.



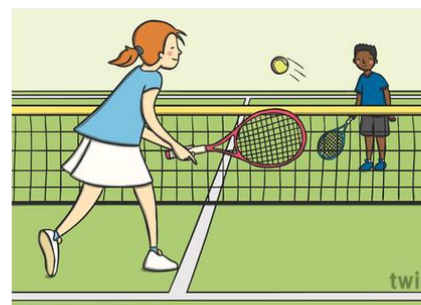
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Forehand



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Backhand



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Strike



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Court

6 hours

Lesson 1

Sliding and receiving a ball/beanbag

Lesson 2

Explore different ways of sending a ball

Lesson 3

Exploring hitting to targets and partners

Lesson 4

Moving towards and returning balls

Lesson 5

Working together to send and return

Lesson 6

Basic Rally and scoring points against opposition hitting over benches.

Links

Literacy: Describing different ways to send and return balls. Identify different net games.

Numeracy: Estimate how hard to hit, roll, slide a ball to keep it in the courts. Keep score of games when playing as individuals and as teams.